

HCL DIRECTIONS & INFORMATION

[HCL can be purchased here via Natural Reference.](#)

These instructions apply only to the HCL found on Natural Reference.

HCL Directions: Take 1-5 HCL capsules in the middle of your meal. Be sure to have at least 2 bites of food after HCL has been taken to avoid stomach upset. Read ALL directions below prior to use of HCL

When supplementing with HCL follow these guidelines:

- **Before even thinking about starting to supplement with HCL make sure that you have good bile flow. To figure that part out, be sure to finish reading this post because later we are going to talk about the 2nd critical stage of digestion - bile flow. DO NOT TAKE HCL if you do not have good bile flow first. YOU HAVE TO FIRST CORRECT BILE FLOW BEFORE YOU EVEN TRY SUPPLEMENTING WITH HCL!!!**
- Only take HCL with meals that have protein in them (e.g eggs, meat, fish)
- Take HCL once you have started eating your meal or within 20 minutes of having eaten your meal.
- Start with just 500 mg. of HCL per meal for a day.
- Add an additional 500 mg. of HCL per meal each day until you build up to taking 2500 mg of HCL per meal.
- If you start to get loose stools or diarrhea then reduce or your dosage of HCL or stop taking it entirely until bowel movements get solid again, then try a smaller dose of HCL.
- At least initially, avoid eating carbohydrates with meals when you take HCL.
- If you are having a powdered form of protein - e.g. egg white protein or whey, take only 1000 mg. of HCL. Solid forms of protein like meat and eggs require more HCL to digest.
- Most people will hold at five capsules per meal for months. However, if you begin to feel a warming sensation after your meal, you know you have taken too many capsules. At your next meal, you can reduce by one capsule and hold at that dose until you feel a warming sensation again. This is telling you that your body is starting to make more of its own HCL and you can begin to reduce the amount you are adding in.

- Be sure to adjust your dose according to the amount of protein in each meal. If you have a meal with very little protein, you may need to reduce the number of capsules you use with that meal.
- Once you have eliminated all signs and symptoms of low HCL you can start experimenting with gradually reducing your dosage of HCL by cutting down 500 mg. increments. If signs or symptoms of insufficient HCL return, then raise your HCL dosage again until the symptoms disappear, then try to gradually reduce your dosage again.

In choosing an HCL supplement, [I recommend Empirical Labs Betaine HCL - available here.](#)

******Information taken from www.mybodyofknowledge.net***

****Nissa Graun is not a doctor. This information is educational only. Please seek all medical advice from your doctor.***